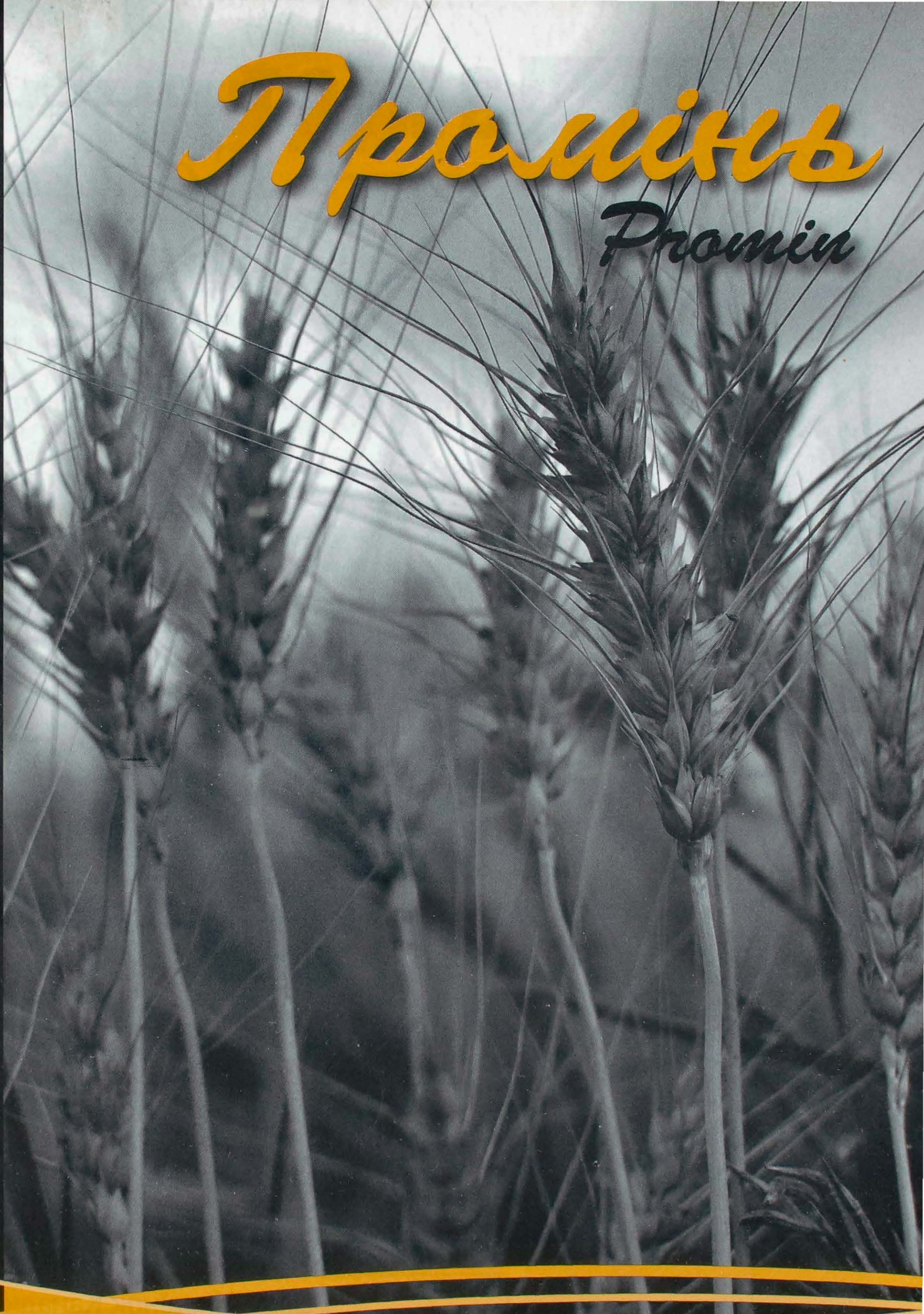
Промінь

Promin



Згадаємо інтернування
Commemorating Internment

Оселя Зелений Гай
Camp "Green Grove"

Різдв'яні подарунки
Christmas Gifts

Союз Українок Канади

October/November 2014 Issue

ПРОМІНЬ

Виходить що другого місяця, видає СОЮЗ УКРАЇНОК КАНАДИ

Рік *LIV*
Жовтень - листопад 2014

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Canadä

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РЕДАКЦІЙНА

Дорогі Читачі!

Кілька наших референток "Променя" та наших укладників хотіли знати до котрої дати приймаємо матеріяли? Прошу взяти під увагою, що, загально кажучи, нам треба мати ваші матеріали шість тижнів перед 1-го дня того місяця у якому являється певне число. Наступні три дати—20-го жовтня щодо числа грудня/січня, 21-го грудня щодо числа лютого/березня, і 18-го лютого, 2015 р. щодо числа квітня/травня.

Будьте ласка, пришліть матеріали, якщо можливо, електронною поштою. Це нам поможе зберегти та зорганізувати їх. Не висилайте ніякі електронні патички ані карточки, бо коштовно їх завернути.

З нагоди Міжнародного Дня Жінки, яке свято відбудеться 8-го лютого, 2015 р., наша адміністраторка заохочує вас написати абзац або параграф, не більш як 200 слів, про жінку, яку ви б хотіли вшанувати, пояснюючи чому вона вам важлива. Можна вибрати свою власну маму або іншу особу, яка впливала на вас. Відділ може написати про основательку свого відділу, про жінку в імени котрої він названий або про сучасну членку, яка заохочує вас до праці—зразкові особи. Прошу це зробити до 21-го грудня. Звеличайте якусь гідну жінку!

Чи вже купуєте дарунки на Різдво? У цьому числі знайдете резюме всіх тих речей, про яких ми згадували попередньо—кухарські книжки, інші книжки, відбитки малюнків, картки, і.т.п. Дивіться в сторінку 4, щоб побачити те, що продає наша Краєва Управа. Погляньте на сторінки 25 до 29 за все інше. Не проминайте нагоду купити диск української церковної музики, "Серце Києва", виконаний правдоподібно найкращим із чотирьох професійних хорів Канади, тобто, "ПроКоро Канади". Цей диск виданий у світлій пам'яті нашої Союзанки та СУСівки, Фівонії Пелех. Подаємо деталі на сторінці 28.

Передусім, використовуйте нашої оферти щодо "Променя"! До 31-го грудня, якщо візьмете на рік журнал, дамо другу передплату за половину кошту першого!

Чи ви—ділова жінка? Чи хочете щось продати? Від місяця жовтня, от такі в нас ціни щодо рекламування:

Ділова картка	$200 на рік	$50 кожне число
¼ сторінки	$250 на рік	$75 кожне число
⅓ сторінки	$300 на рік	$85 кожне число
½ сторінки	$500 на рік	$100 кожне число
Ціла сторінка	$1,000 на рік	$200 кожне число.

Дякую за вашу дальшу підтримку!

Леона Фарина Бриджес

Editorial

Dear Readers,

A number of our Promin representatives and contributors have asked about the magazine's deadlines. Please note that, generally, material must be received six weeks before the first of the month of publication. The next three Promin deadlines are October 20 for the December/January issue, December 21 for the February/March issue and February 18, 2015 for the April/May issue.

Whenever possible, we appreciate your submissions by email. This simplifies our record-keeping. Please do not submit material via USB sticks or cards as we cannot guarantee their return.

For International Women's Day, February 8, 2015, our Promin Administrator, Carla Kozak, would like to challenge you to write a paragraph of not more than 200 words about a woman you would like to honor, stating why she is/was important to you. You may choose to write about your own mother or about another woman who helped to shape your life. A branch may write about a founding member, about the woman for whom their branch is named, or about a woman who is currently a driving force, and may tell why she is a good role model. The deadline for these submissions is December 21. Sing the praises of some deserving woman of your acquaintance!

Are you shopping for Christmas gifts yet? This issue of Promin provides a summary of the cookbooks, books, prints and cards we have offered you over the past months (see pages 25 to 29). See the President's remarks on page 4 for a list of items you can purchase from the National Office of UWAC. There is also a new CD of sacred music available called the "Heart of Kyiv" performed by ProCoro Canada, arguably the best of Canada's four professional choirs. It is dedicated to the memory of one of our most active Soyuzanky/Susivky, the late Fiona Pelech of Edmonton. A description appears on page 28.

Additionally, you will want to take of advantage of this offer—Promin subscriptions—buy one and get one for half price! The offer is good until December 31, 2014.

Do you own a business? Do you wish to sell something you make? Promin has come up with the following advertising rates as of October, 2014:

Business card	$200/year	$50/issue
¼ page	$250/year	$75/issue
⅓ page	$300/year	$85/issue
½ page	$500/year	$100/issue
Whole page	$1,000/year	$200/issue

Thank you for your continuing support!

Leona Faryna Bridges

Please note that the deadline for submissions for our December/January issue is

October 20, 2014.

Future submission deadlines will fall on or around the 20th of every second month beginning in August, should you wish to plan accordingly.

For more information contact:
bridgesl@telus.net

Просимо прийняти до уваги, що це число журналу може бути Ваше останнє. Просимо перевірити наліпку на журналі, щоб запевнитися, що Ваша передплата не вичерпана. Дякуємо наперед за вчасне полагодження Вашої передплати.

Спеціальна оферта! *Той, хто заплатить передплату до 31-го грудня, 2014 р. зможе купити другу передплату за половину звичайного кошту.*

Editor's Note: *Further to the Report on the Symposium on Orthodoxy by Lesia Perritt—the Canada Ukraine Foundation organized the medical aid to Ukraine mentioned at the end of the report. Readers will be interested to know that, according to President and CEO, Victor Hetmanczuk, the following monies have been collected and spent on Maidan projects:*

CUF spent $ 160,000 from January to April, 2014 on Maidan funding--$90,000 on hostel accommodation and $ 70,000 on drugs and medical supplies.

- *$60,000 was spent on the first doctors' needs assessment tour to Ukraine*
- *$225,000 has been set aside for support of Maidan victims' families in 2014 through Caritas Ukraine.*
- *$100,000 is being spent for rehabilitation programs for victims and ATO fighters*
- *$175,000 is being saved for 2015 support of Maidan victims.*
- *$ 100,000 is being saved for Rainbow Operation in November, 2014*

News from Geraldine Nakonechny, UWAC National President

Metropolitan Ilarion Museum in Ukraine

Many of our readers will remember Metropolitan Ilarion, of radiant memory, who was Hierarch of the Ukrainian Orthodox Church of Canada (UOCC) from 1951 to1972. We have been informed that the village of Brusyliv Zhytomir Oblast, Ukraine, where Metropolitan Ilarion was born, has established a museum in his honour and welcome artifacts from the period of time that he resided in Canada.

UOCC has established a committee under the chairmanship of Dr. Roman Yereniuk, Professor at St. Andrew's College and a former student of Metropolitan Ilarion, to collect and display artifacts from the period that he was in Canada. I am pleased to represent UWAC on this committee.

Our appeal to our readers is to forward photos or any memorabilia you may have of Metropolitan Ilarion's visits to your parish. These will be compiled and displayed in the museum. Photographs should be scanned and forwarded electronically to roman.yereniuk@umanitoba.ca. Do not send originals.

Metropolitan Ilarion was a prolific author and a renowned scholar. To properly display the many books he authored, his vestments and other artifacts, we will be required to purchase display cases. Thus, we appeal to our readers for donations to provide adequate display cases and to cover the cost of shipment of books and other artifacts. Donations should be forwarded to UOCC MIM Project, 9 St. John's Ave. Winnipeg, Manitoba, R2W 1G8. An income- tax receipt will be issued for your donation.

We are very pleased that a section of this museum will be devoted to Metropolitan Ilarion's wife, Dominika Ohienko, of blessed memory, who departed her earthly life in 1937. She too was a leader, a teacher and a scholar and worked very closely with her husband. The UWAC Branch in the Lac La Biche Parish district in Alberta has been named in her honour and will be including their branch materials in the museum.

If you are travelling to Ukraine, include a visit to this museum in your travel plans. The Museum is located in Brusyliv, Zhytomir Oblast, 68 km. west of Kiev. It is 16 km off the Kiev – Lviv Highway. As you travel into Brusyliv, the Museum is located at the corner of 3 major urban streets and across the street from the Ukrainian Orthodox Church that Metropolitan Ilarion attended as a child.

Volunteering

We are all volunteers. Have you thought about why people volunteer? Research has shown that there are several reasons. For example, it is human nature to want to help others, to care, and to make a positive difference in a situation. Some individuals will devote more time to volunteering than others, yet whether you give more time or less time, you can still make a difference in some way.

Volunteering gives you an opportunity to learn skills from others with whom you are volunteering.

Volunteering gives you an opportunity to enjoy the company of other people.

Research studies have shown that people who volunteer are healthier physically, mentally and emotionally, and that seniors who volunteer, live longer.

Resources Available from UWAC

In the National Office of UWAC, we have several items suitable as gifts or as a personal resource. Place your order by mail at UWAC National Office, 10611 - 110 Ave NW, Edmonton, AB, T5H 1H7 or email at info@uwac-national.ca.

- My Icon Book $15 (includes gst)
- Child's Companion Prayer book $10.
- Ukrainskey Vertep Nativity Play, Ukrainian with English translation $2.

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Слава Україні!

Висилаю чек у сумі 25 долярів і вибачаюсь, що запізнилась вислати раньше. Стала трохи забувати. Мені вже 90 років, але люблю читати про українські жіночі організації в Канаді. Я сама роками працювала й виконувала в організації різні функції. Дякую.

Л. Фіялка, Лонгой, Квебек

Нотатка редакторки: Героям та Вам Слава!

Another wonderful issue! Congrats to the editorial committee.

Betty Corlett, Edmonton, AB

Шановна Адміністраціє журналу "Промінь"!

Пересилаю два матеріали для поміщення у Промені. Про мою особу—я люблю писати в двох мовах. Роджена на Волині. У Канаді від 1947-го року. Була пресовою секретаркою при Церкві й жіночій організації на Сході Канади. От і все. Также посилаю чек на фонд "Променя". Щасти Вам усім Боже!
З поважанням,

Ольга Горегляд,
Ошава, Онтаріо

Thank you so much for all your efforts and hard work. The magazine is wonderful!

Toni Michalczuk,
Windsor, ON

Just read most of my latest Promin issue—a delightful and informative one, with so many interesting articles. Kudos to you and your editorial team!!

Donna Kowalishin,
Edmonton, AB

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

- Persha Zirka
  Ukrainian Vinshoovanya $3.
- Feast Days of the Orthodox Church $5.
- Christmas Cards 5 for $3.
  Songs for Children CD's and cassette tapes $3. Each
- St. Volodomyr and St. Olha postcards 10 for $1.
- Easter Booklet
  Traditions, Recipes, Pysanka Writing $2.
- Easter Cards 5 for $3.
- Smoloskyp Pins $10.
- Smoloskyp pin add- ons for years of service $5.

GST and postage will be added to all orders unless otherwise stated.

Cover photograph by Erin Haugen features stalks of wheat from the St. Paul, Alberta area. 2014

THE PROTECTION OF THE THEOTOKOS (POKROVA)

THE FEAST DAY OF THE PROTECTRESS AND MOST HOLY BIRTHGIVER OF GOD

This feast day is celebrated on October 14th as a traditional Ukrainian holiday of prominent national, religious and military significance. The Mother of God is credited with rescuing our forefathers many times from their enemies. Mary has been regarded as a Protectress of the Ukrainian people since the 11th century reign of the Kyivan Prince Yaroslav the Wise. The feast day is a time of remembrance to honor all who have fought in various military formations throughout history. They have had one shining vision – a free Ukraine. It is the Feast of the Protecting Veil or Omofor of Mary, Mother of God. The origins of the Feast occurred in 903 A.D. in the church of Vlachern in Constantinople. The worshipers were praying for help in repelling an invasion of the city by the Saracens. A vision of the Mother of God extending her head covering over the worshipers inspired the people to defend their city. The Feast came to Ukraine with the reception of the Christian faith. The Pochaiv Monastery in Volynia (Pochaivska Lavra) was also the site of a miracle of the Protecting Veil (Omofor) of Mary. In 1675, the monastery was attacked by Turks and Tatars but was reputedly saved by an apparition of the Mother of God with her protective veil (omofor). In addition, our kozaks, the Zaporozhians, were defenders of their faith against the Moslem Turks who often attacked Ukraine. It is believed that the Mother of God helped them to repulse their enemies. They built a legendary church in her name at the Sich or Kozak fortress. In the 20th Century, the Feast of Pokrova was especially important to the Ukrainian Insurgent Army who fought against invading Nazi and Soviet occupying forces.

The icon of Mary the Protectress features the Theotokos holding a white veil. Her veil protects those seeking refuge from hostile invaders. Many churches have been built in her honor. We pray the she intercedes on our behalf, as our representative before God.

Folkloric Traditions

During the summer folkloric cycle, young people gathered, informally, at many social activities to seek out a suitable marriage partner. The gatherings were usually in the form of a street festival or vulytsia. The Feast of the Protectress signalled the end of the summer gatherings and heralded the fall cycle of evening socials or vechernytsi. It was a time of merrymaking and courtship by the young people in the villages.

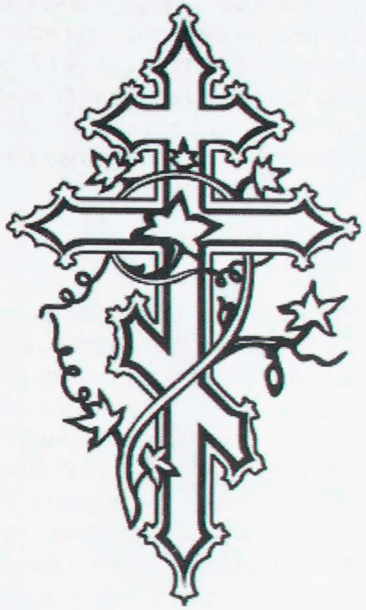
Many weddings resulted from these festivities. They were held every Sunday until the beginning of St. Philip's Fast (Pylypivka) or Advent at the end of November. There were many traditions surrounding the celebration of marriage. A typical wedding feast might have included the following

1. Korovai – a ritual round bread adorned with symbolic decorations, which included doves that denoted love and fidelity and cones, which symbolized fertility.
2. Borshch.
3. Thin egg noodles with pork or chicken.
4. Roasted meats, fried fish.
5. Bigos - braised cabbage or sauerkraut with pork.
6. Chicken with buckwheat kasha.
7. Holubtsi – cabbage rolls.
8. Pyrizhky – filled pastries.
9. Tortes

Also, in folkloric belief, a north wind blowing on the Feast Day of the Protectress foretold a cold winter with heavy snowfall. A south wind predicted a mild, warm winter.

Marie Kishchuk

Sources:
◊ Ukrainian Women's Association Canada: Department of Christian and Heritage Education. My Icon Book. Saskatoon, SK. Mr. Zip Instant Printing, 1997. p. 5.
◊ Encyclopedia of Ukraine, Volume IV (1993), p.46.
◊ Ukraine: A Concise Encyclopedia, Volume I (1963), p. 333.
◊ Kylymnyk, Stepan. Calendar Year in Ukrainian Folklore, Volume V. (1963), pp. 137-138, 176-180.
◊ Pisetska Farley, Maria. Festive Ukrainian Cooking. (1990), pp. 125-141.



Рідне Слово

Осінні мрії про весну

Золотиста осінь—улюблена пора року молодої пари. Краса осени—схилясте проміння сонця, подув легкого вітру, багатобарвні кольори опадаючого листя, уборка урожая, погідні дні витворюють залюбки чарівну атмосферу до мрій про ясну, теплу весну. Про весну, щоби не кінчалася, а незмінно царила своєю привабливою красою в сфері свого королівства.

Віє прохолодний вітерець. Під ногами стелеться пожовкла трава, опале листя мов килимом покриває землю. Ідеш край лісу і думаєш, як то чудово створена природа, як то прекрасно все виглядає, аж душа співає, що людина може відчувати глибоко втіху життя. Груди наповнюються свіжим повітрям. Міряють очі далекий горизонт. З під осінніх хмар викрадається сонце, щоби милосердно кинути крихітку тепла на родючу землю.

Осінь у повній формі. А думки линуть про весну, про сонце золоте, про квіти запашні, про всю оживаючу

Оклик

Редакторка: Який славний англійський письменник написав цей вірш? Подайте його ім'я та прізвише по-англійському та наголовок вірша в англійській мові. Напишіть електронно bridgesl@telus.net або текстуйте на число 780-619-4416 або дзвоніть на число 1-780-619-4416. Усі вчасники отримують закладку. Тут бачите чудовий переклад його вірша на українську мову.

Коли…

Коли між тих, що голову схилили,
Не хилиш ти свого чола в ганьбі
І покладаєшся на власні сили,
Дарма, що всі зневірились в тобі,
Коли ти свято бережеш надії,
Без слів брехні на бій з брехнею йдеш,
В душі ненависть тамувати вмієш,
Але й занадто мудрим не стаєш,
Коли ти можеш думати і снити,
Рабом не ставши ні думок ні мрій,
І холодно, як зрадницькі привіти,
Розгром і успіх зустрічати свій,
Коли тебе не злить мізерна погань,
Яка снує круг тебе сотні змов,
І ти свій крах сприймаєш як вимогу
Важку роботу починати знов,
Коли ти можеш весь свій хист і волю
Принести в жертву справі без вагань
І без даремних нарікань на долю
Ступати далі по шляху змагань,
Коли ти змусиш нерви, серце, м'язи,
Твоїй меті служити завжди й скрізь
І не відступиш навіть в тому разі,
Коли вони благатимуть: "Спинись!"
Коли в юрбі ти зберігаєш гідність,
Перед царем не гнешся в три дуги,
Коли за розум твій і непохитність
Тебе шанують друзі й вороги,
Коли ти вносиш в кожну мить минущу
Глибоку змістом мудрість життьову,--
Тоді за всіх ти станеш, сину, дужчий
І я тебе людиною назву.

Переклад Святослава Караванського

природу. Це любов пристойного оживляє любов до почуття краси в серці чорнобривої.

Вона знає, що осінь гарна, але холодна. Вона мріє про кращу пору року. Вона мріє про теплу, соняшну, з росянистим дощиком, повного розквіту, чудову, довготривалу весну. Вона мріє, щоби разом з судженим милим зустрічати весну нового життя.

Ольга Горегляд

Із шкільного альбома

При кінці шкільного року, друзі вписуються в альбом на пам'ятку. Ось тут декілька філософічних народніх віршиків з мого давнього альбома.

Не в шумній товпі,
Друзі пізнаються,
Вони пізнаються душою.
Як горе настане і сльози проллються,
Той друг, що заплаче з тобою.

Прошедшая юність уже не вернеться;
Шипшина два рази в році не цвіте,
І серце любов'ю два рази не б'ється.
І в місячну ніч соловей не співає.

Бігай як зайчик,
Розвивайсь як дитя.
Но знай що наука
Потрібна для життя.

Скільки в морі, океані,
Там на дні піску.
Стільки щастя я бажаю
У твоїм віку.

Ольга Горегляд

WHY AM I ALIVE? WHAT IS THE PURPOSE OF MY LIFE? WHAT IS THE REASON FOR MY EXISTENCE?

Continued

Християнське життя включає різні види діяльності. Існують два способи здійснити свою мету як християнина. Перший – спосіб через працю, діяльний. Діяльний спосіб осягнення Бога – це, в більшій мірі, практики кожноденного виконування заповідей, спільних богослужінь у Церкві, милосердя, участі у Таїнствах Церкви (Хрещення, Причастя, Сповідь ін.), спільної молитви в сім'ї, практика посту та все інше пропоноване Церквою.

Другий шлях, яким може йти християнин до Бога – це, в більшій мірі, через молитву. Якщо йдемо першим шляхом – душа очищується і приймає Бога. Якщо другим – то Бог Сам спалює всю нечистоту, приходить і замешкує в очищеній душі. Св. Григорій Синаїт пише: «Ми можемо набути Бога або через діяльність, працю, або через практику молитви іменем Ісусовим». Він зазначає, що перший спосіб є значно довший від другого. А другий – і швидший, і ефективніший.

Святі ставлять Ісусову молитву на перше місце посеред усіх видів діяльності. Наскільки сильною і ефективною є вона! Завдяки Ісусовій молитві християнин здобуде й усі інші практики, тому що через неї він стане сильнішим швидше, удосконалиться духовно швидше. Ісусова молитва дає постійне єднання душі з Богом. Вона проста і легка, але ефективна, дуже плодотворна, загальновизнана, прекрасно сприймається душею. Це основна практика святих старців XX ст., як і попередніх, це основне ділання усіх святих Церковного календаря (за винятком святих Старого Завіту та більшості мучеників). Ісусова молитва була основною для, напр., Паїсія Величковського, Св. Антонія і Феодосія Печерських, для всіх інших святих Києво-Печерської Лаври, Йова Почаївського, Іоана Руського.

Ділання цієї молитви називають

мистецтвом, однак основа її проста: зосередьтеся увагою у грудях/серці і вимовляйте «Господи, Ісусе Христе, Сину Божий, помилуй мене», при цьому не уявляючи собі ніяких картин, ані образів, лише з вірою, що Господь Ісус бачить Вас і уважний до Вас.

Щоб стати сильним у цьому, слід визначити собі час - 15 хвилин, пів години чи більше, скільки можете – для цієї молитви. Можете стояти або сидіти при цьому. Це покладе початок.

Але й на протязі дня можете проказувати цю молитву, незалежно від того, що ви робите, проказувати устами або думкою. Коли йдемо, їдемо, працюємо в городі, на

кухні, вишиваємо, чи робимо що інше – вимовляємо устами або думкою Ісусову молитву, без чоток, або з ними. Цей другий спосіб більш доступний, ним ми легко можемо дістати силу цієї молитви і отримати плоди постійного солодкого спілкування з Богом. Ці два способи взаїмно доповнюють один одного.

Ділання цієї молитви неважке, швидко приносить плоди, без великих зусиль, приносить радість і задоволення душі. Чому такий ефект від такого простого способу? Тому, що Бог та Його благодать діє у цьому випадку; Бог Сам приносить плоди, Сам дає радість, Сам рухає цей процес. Те, що потрібно від нас – любити Бога і розпочати це ділання, запустити процес.

Сестра Даниїла, УПЦК

English translation will appear in next issue.

REPORT: NATIONAL COUNCIL OF WOMEN OF CANADA

121st Annual Conference and General Meeting June 6-8, 2014 Ottawa, Ontario

Women's Mental Health: Shining a Light on Mental Health and Stigma

There were 27 women attending this conference, a small but animated group, who had many questions, following the presentation by Dr. Heather Stuart, Bell Mental Health and Anti-Stigma Chair, Queen's University, about the stigma attached to those with mental health problems and the need to look at the different kinds of mental illness, as some involve danger to others and others do not. The new law, wherein people crossing the border to USA who have police records could be detained or denied crossing, was also of interest in terms of how the law would define the mental health aspects.

An update was given on the project "Our Kenyan Kids" which supports Children and Youth affected by poverty, and HIV/Aids in Kenya.

The Resolutions passed and now part of NCWC policy were: Global Farmland Rush, Employment Insurance Reform Regarding Tips, Access to Mifepristone (RU 486) for use in Medical Abortions, Moratorium on the use of Neonecotinoid Pesticides to Protect Farm Land, and Curriculum of Medical Faculties pertaining to Elective Early Termination of Pregnancy. The Resolution on Reduction of Sugar Content in Processed Food, Soft Drinks and Juices was sent back to the Toronto Council of Women for further work.

The NCWC website is being redone and the new improved website will be unveiled in the fall.

The next NCWC AGM and Conference will be held in the province of Quebec May 21-24th, 2015 (city to be specified).

Submitted by Zora Lucyk–Jackson, Ottawa Delegate from the Ukrainian Women's Association of Canada

14th Annual Orthodox Women's Retreat

Spiritual Refreshment and Growth
in the Foothills of Alberta
THE BIBLE: OUR BOOK
Fr. David Hovik
September 19th-21st, 2014
Calgary, Alberta

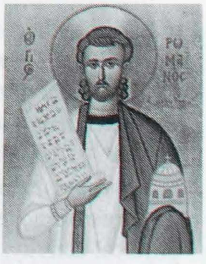
This popular event took place at the Entheos Retreat Centre, 18 kilometres west of Calgary, Alberta. The guest speaker, Fr. David Hovik has been the priest at St. Andrew Orthodox Church in Arlington, Washington since February of 1997. He was an Evangelical Protestant pastor for over 19 years prior to leading his parish through the 6 1/2-year process of converting from Evangelical Protestantism to the Orthodox Church. Making the journey with him were 33 families and St. Andrew has since grown to 70 families.

A report on the Retreat will appear in our next issue.

The Alberta Benevolent Cantor Association

THE ALBERTA BENEVOLENT CANTOR ASSOCIATION provides training and resource material for cantors in Ukrainian Orthodox parishes. We welcome all interested individuals to become members and those who wish to train as cantors.

Alberta Benevolent Cantor Association
11837 – 66 Street
Edmonton, Alberta T5B 1J2
Telephone (780) 990-0019
info@albertacantors.ca
www.albertacantors.ca



St. Romanus, the melodist

Secrets of Growing Great Garlic Part 4

by Vivian Skakun

Reaping the Benefits of our Season's Toil and Harvest - for our Health

Garlic Through the Ages: We've grown our garlic and now we can reap the benefits of eating it. Over the ages, garlic has been prescribed as a medicinal herb with records found as early as 3000 B.C. on Sumerian tablets and in 3750 B.C. before the arrival of the Pharaohs in Egypt.

In Canada, the early settlers depended on many home remedies to survive. Michael Mucz, author of Baba's Kitchen Medicines: Folk Remedies of Ukrainian Settlers in Western Canada (2012), catalogued folk remedies early settlers used, of which garlic was one. Table 22 on page 70 lists the use of garlic to include: cold and flu, chest congestion, circulatory problems, lack of appetite, fever, fatigue, sore throat, headache, toothache, rheumatism, intestinal worms, internal pain, tonic and nasal congestion. Garlic was also considered good for high blood pressure and heart problems.

Garlic and Modern Science: These were once considered 'old wives' tales", but now modern science has verified the benefits of eating garlic. Karen Evennett in her book Garlic: The Natural Remedy identifies garlic as having vitamins A, B1, B2 and C and mineral content to include selenium, sodium, potassium, iron, cobalt, zinc, nitrogen, calcium, chromium, sulfur, magnesium, phosphorus, copper and iodine. She lists many medical uses for garlic.

Garlic and Cancer: So often when we are diagnosed with a disease, we look for a miracle cure, a single bullet or a quick fix to cure it all. Somehow, a single food such as asparagus, if eaten regularly, is supposed to cure prostrate cancer. There is no single food that can cure any disease. When we think about health benefits we need to be thinking about broad overall lifestyle changes.

Ingredients for soup - Photo by Vivian Skakun

In 2009, when I was diagnosed with breast cancer, a friend gave me the book Anti-cancer: A New Way of Life by David Servan-Schreiber. This excellent book outlines an Anti-Cancer Action plan that includes protecting ourselves from products that are carcinogenic. It encourages physical activity, meditation, resolving emotional issues, drinking filtered tap water and eating a diet that reduces the consumption of white sugar, white flour, products with omega-6 fats and non-organic dairy, meat and eggs. The diet also recommends foods that are high in omega-3 fats, have a low glycemic index, preferably organic, and provides a list of many fruits and vegetables to consume along with a list of their benefits to our health.

One of the groups of foods recommended for cancer prevention includes garlic, onions, leeks, shallots and chives. The author states that cancer cells feed on sugar. When we eat from this herb family, the garlic, onions, leeks and shallots helps to regulate blood sugar levels reducing the insulin secretion, therefore reducing the growth of cancer cells. In addition the sulfur compounds, activated when garlic is crushed, act to counteract the carcinogens found in over-grilled meats, and also contribute to the death of cancer cells in colon, breast, lung and prostate cancer including leukemia.[1.]

Garlic and Cardiovascular Disease: Garlic contributes to lowering your cholesterol and your blood pressure. If you are looking to reduce your cholesterol, just eating

garlic is not enough. A dietary change can include foods high in soluble fiber such as beans, oats, flax, sunflower seeds and fruits that are high in pectin such as apples, oranges, cranberry. Other foods to include are garlic, yogurt, kefir or fermented milk products as well as fish, such as salmon. In addition to dietary changes, other factors such as weight loss, exercise, drinking alcohol in moderation and avoiding or quitting smoking contribute to overall health.[2]

Antibacterial Properties: Fulder and Blackwood (1991) in the book Garlic: Nature's Original Remedy refer to Louis Pasteur's work on garlic's antibacterial properties and its ability to stop the growth of bacteria in a culture dish. Garlic can act as an antibiotic for infections of the mouth, gums, throat, ear, chest, stomach or urinary system. The authors advise to see a medical doctor if the symptoms become acute.

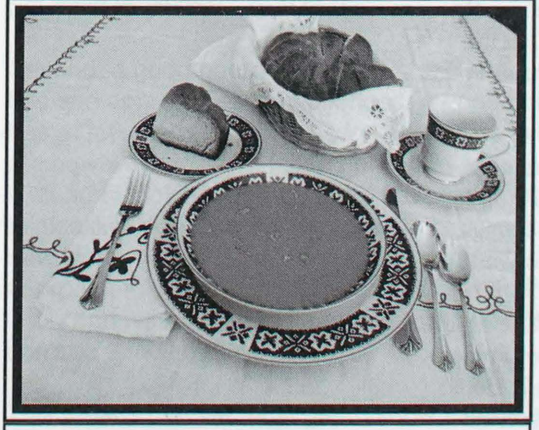
Recommended Garlic Dose: The World Health Organization in a Monograph on medicinal plants commonly used in the Newly Independent States (2010, p.20) quotes: "Unless otherwise prescribed, average daily dose is as follows: fresh garlic, 2-5g; dried powder, 0.4-1.2g; oil, 2-5mg; extract 300-1000mg (as solid material)." The source of these dosages is Vol. 1 British Herbal Compendium, 1992, edited by PR Bradley.

Caution:

The monograph states that garlic can affect the clotting times for anyone taking Warfarin also called Coumadin. WHO monograph also warns that eating large amounts of garlic can increase bleeding after surgery, as garlic is a blood thinner.

Reaping the Benefits of our Season's Toil and Harvest – In our Cuisine: Most of all, we can prepare our favorite dishes using garlic throughout the entire season. We can cook with garlic greens, immature scapes and the garlic bulbs.

Paul Bertolli, chef and author of Chez Pannisse Cooking, promoted garlic greens in his cooking. He defines garlic greens as immature garlic that is dug when the stalk is about ½" in diameter.



Leek/Green garlic soup with a garnish of raw crushed garlic and oil ready to serve with kolach - Photo by Vivian Skakun

Paul Bertolli staggers the planting of garlic cloves for a continuous supply of "wet" or "green garlic". He recommends replacing scallions, onions or leeks with garlic greens in any of your favorite recipes. See the recipe below for one of my favorite recipes.

Recipe for Leek and Zucchini Soup – My friend's mother, the late Mary Semaka, gave me this recipe many years ago. I like to make this soup when zucchini is in season. This recipe can be altered, replacing leek with garlic greens completely or partially.

Ingredients:

4 cups leeks or green garlic or both, cleaned and sliced
1½ cups chopped shallots or onion
4 cups zucchini diced (4 small zucchini or 1 lb.)
1 cup carrots
½ cup chopped celery
2 cups peel, diced potatoes
2 tbsp. chopped garlic

2 tbsp. olive oil
2 tbsp. butter
8 cups of water

1 vegetable bouillon cube
1 tsp. salt or to your taste
¼ cup chopped dill
4 tbsp. lemon juice, to taste

Preparation:

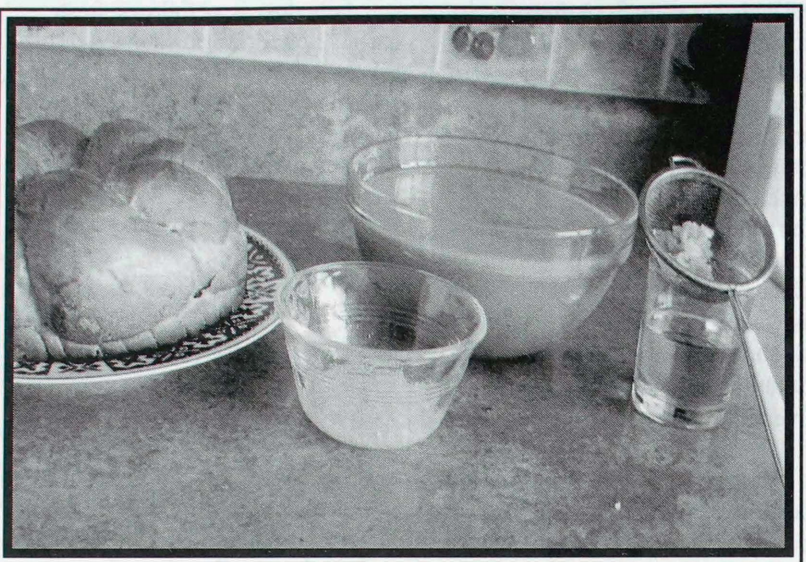
In a heavy pot, sauté the onion in butter and olive oil for two minutes, then add the leek and fresh green garlic, carrots, zucchini, garlic and sauté for four minutes or so. Add the potato and the water. Cook over medium heat until the soup comes to a boil. Add the bouillon cube, dill and seasoning. Cook until your vegetables are tender. Then add the lemon juice, one tablespoon at a time, until the flavor suits you. When your soup is ready, puree the soup in a blender. Re-warm when you are ready to serve your soup and garnish each bowl of soup with garlic sauce as a condiment.

Garlic Sauce

Ingredients:
3-4 garlic cloves, dash of salt
3-4 tbsp. olive oil

Preparation: Peel the garlic cloves, chop and macerate. Add olive oil. Season with salt. Serve as a condiment on soup, beets, mushrooms, fish or beans or dip your bread into the sauce.

To maximize the benefits of eating garlic, always chop, crush or macerate your garlic and "let it sit" for 10 minutes, before adding it to your recipe or eating it, to activate the components in the garlic that contribute to our health. Do this when cooking with garlic, adding it at the end of the cooking time.



Garlic Sauce (in saucer, centre) and Garlic in Salad Dressing (with small sieve, right) - Photo by Vivian Skakun

Raw Garlic in Salad Dressing called "Thunder and Lightning"

Ingredients:

3 cloves garlic, minced or macerated
¾ tsp. salt
1 tsp. paprika
½ tsp. dry mustard
¼ tsp. pepper
1 tsp. Dijon mustard
¼ cup white vinegar
¾ cup oil

Method: When making a salad dressing with raw garlic, prepare the raw garlic first and "let it sit" for ten minutes. Then add your seasoning, then your citrus or vinegar and finally, slowly drizzle in the oil as you use a hand blender to allow the dressing to emulsify. Chill!

Garlic Flavored Oil:

Ingredients:

3-4 cloves of garlic crushed, macerated and left for 10 minutes.
¼-cup olive oil

Method:
In a small 3"cast iron pan, add the prepared garlic and ¼ cup of olive oil. Place it on the burner and warm on low heat until it bubbles gently for about 1 hour or less. Turn the burner off and let the garlic sit in the oil for a few hours.

To prevent botulism, strain out the bits of garlic and use the oil for garnishing soups, salad dressings, pesto or ways preferable to you.

Garlic-Breath: To reduce or disguise garlic breath, Stephen Fulder (1997), author of The Garlic Book: Nature's Powerful Healer, recommends eating "lettuce, parsley, or aromatic seeds such as anise seed, mint and cloves" both at the time of and after eating garlic. Natasha Edwards (2012) author of Garlic the Mighty Bulb suggests that eating more garlic will reduce garlic breath, as our bodies will find it easier to digest, producing fewer sulfur gases. Some of her other suggestions are to chew on a roasted coffee bean or eat a couple of slices of lemon. Also, try brushing your teeth and tongue with toothpaste or baking soda.

Vivian Skakun
...Part five ... next issue

Editor's Note: With Fall and another year's work before us, here is some sound advice for all Soyuz Executives!

Good Governance for Your Board

Within the past year, I sat in on a seminar about how a good board works. After listening to the points made by the speaker (a high official of a major bank with lots of experience with volunteer boards), I thought of how we might use some of her ideas to make our UWAC boards work a bit better.

First, on a good board, the members of that board understand that they all are responsible for building the organization and creating plans to reach the goals they have set. Notice that (1) they have set goals and (2) they have a plan for reaching those goals and (3) they are all trying to build the organization. None of these pieces is the sole responsibility of the president: the members of the board must all work together.

This means that a good UWAC board sets goals and creates ways to help develop the economic, social and spiritual well-being of the branch and of each member. Never confusing board meetings with the monthly general member meetings, a good board knows that the board meetings are for setting policy and developing programs, while general monthly meetings are for reporting to the members and holding programs such as seminars/videos/speakers on topics which interest/entertain/inform the members. Of course, each program is well advertised to bring in members and potential members.

Second, a good board is diverse in skill sets, abilities and approaches to challenges. A good board has a "let's go" attitude and works together to create new ways to meet those goals they set. Instead of looking for a group of people who all think alike in approaching a project, they welcome new ideas. When a board member suggests a new approach to something, a good board's reaction is, "How can we make that happen?" and not, "We don't do things that way."

This means that we must get to know the skills of our members. After one UWAC branch produced a history book with brief biographies of its members, the one remark heard over and over again was some variation of, "I had no idea she had experience in that." People we have known for years often have hidden talents, and we need to get to know about them. Any UWAC branch could get started on this by using a simple exercise at an upcoming meeting: have the women pair off, let each person write on a 3x5 card something she can do or is interested in that most people there do not know about her, then have the pairs introduce each other to the group using what is written on the card. This exercise is always surprising, reveals untapped talent and often gives ideas for future programs/speakers.

Third, a good board builds the organization by having responsible board members and by building the abilities of each member of the organization. Each board member takes very seriously the responsibility of attending each meeting - preparing for each by reviewing the agenda and reports, distributed in advance. She understands and agrees with the conclusions of the reports or has questions that will resolve any issues about them. Each committee convenor is quietly training one or more committee members to take over the committee one day soon, and each member of the board is doing the same thing so that there is an on-going supply of capable people on which to draw for future leaders. A good board changes ¼ to ½ of its personnel at every election to get fresh ideas while preserving continuity. Having the same person in the same office for several years means that the organization is neither growing nor serving the needs of its members and potential members.

Using some of these ideas to make our boards work better can help UWAC to thrive and grow. Are you ready to try?

Carla Kozak

IN THE KITCHEN

The "Full Meal Deal" – Lenten Style

Recipes from "LENTEN COOKBOOK"
compiled by UWAC Olha Kobylianska Branch, Saskatoon, SK
(Order from bipa@sasktel.net or 306-933-9587
$12 each plus postage; 12 or more - $10 each plus postage)

Bean Casserole with Tomatoes and Spinach (submitted by Alicia Klopoushak)

1 tbsp. non-dairy margarine or vegetable oil
1 clove garlic, minced
2 onions, sliced
14 oz. can tomatoes
19 oz. red kidney beans, drained
10 oz. romano beans, drained
½ tsp. dried oregano
10 oz. pkg. fresh spinach, chopped
Freshly ground pepper

In large heavy saucepan or casserole, heat margarine over medium heat; cook garlic and onions, stirring occasionally for 3 minutes or until softened. Add tomatoes, breaking up with back of spoon. Add kidney and romano beans, and oregano; bring to a simmer. Add spinach; cover and simmer about 2 minutes until spinach is wilted. Season with pepper to taste. Serve with green salad and herb bread. Makes four 1½ cup servings.

Broccoli Salad (submitted by Vera Webster)

2 bunches broccoli
2½ qts. water with 1 tsp. salt
Mushrooms
Tomatoes
Green onions
2 tbsp. light soya sauce
2 tbsp. white vinegar
2 tbsp. salad oil
½ tsp. salt
1 tbsp. sugar

Cut broccoli into 2 parts (florets and stems) into bite-size pieces. Cook stems first for 2 to 3 minutes. Then cook florets for 2 to 3 minutes. Drain and rinse in cold water. Put in platter or bowl. Add fresh raw mushrooms, tomatoes and green onions (as many as you like). Combine soya sauce, vinegar, oil, salt and sugar and mix well. Add to vegetables just before serving.

Breadmaker Herb Bread (submitted by Alicia Klopoushak)

1½ cups water
4 ¼ cups bread flour
2 tsp. salt
3 tbsp. sugar
2 tbsp. shortening (Fleishmann's salt-free margarine)
2 tbsp. Italian seasoning
1 tbsp. chives (optional)
2 tsp. yeast

Place ingredients in bread pan in order listed. Select "French bread" setting, light crust. Makes one 2-lb. loaf. Variation: Instead of Italian seasoning, use 1 tbsp. dried oregano and 1 tbsp. dried basil.

Bridwell Chocolate Cake (submitted by Pat Hawryliw)

3 cups flour
2 cups sugar
½ cup cocoa
1 tsp. baking soda
1 tsp. salt
2 cups water
¾ cup vegetable oil
2 tbsp. vinegar
1 tbsp. vanilla

Combine above ingredients; blend 3 minutes. Pour into greased (sprayed with Pam) and floured pans (two 9-inch round or one 9"x13"). Bake at 350°F for 25 to 35 minutes. Ice if desired. Produces a very moist cake!

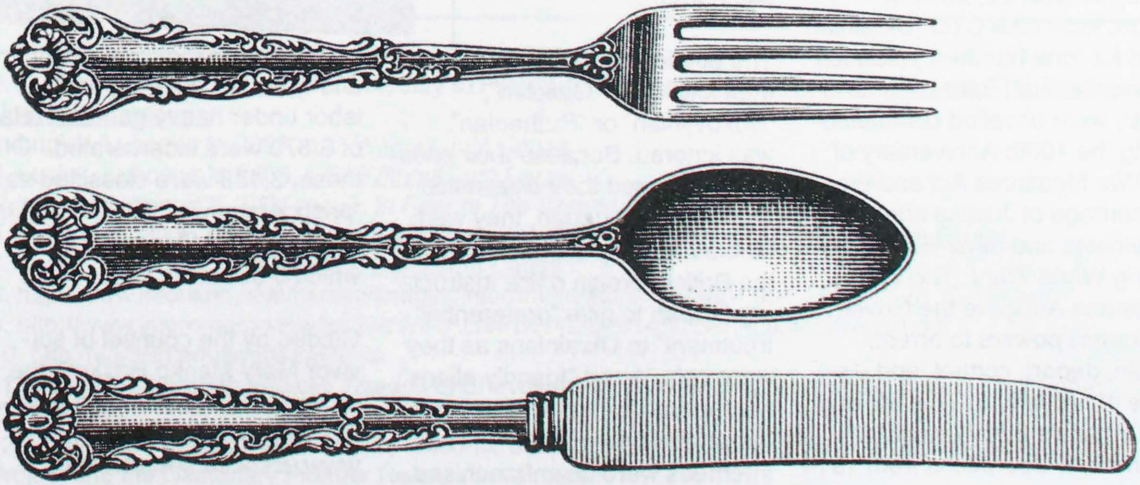
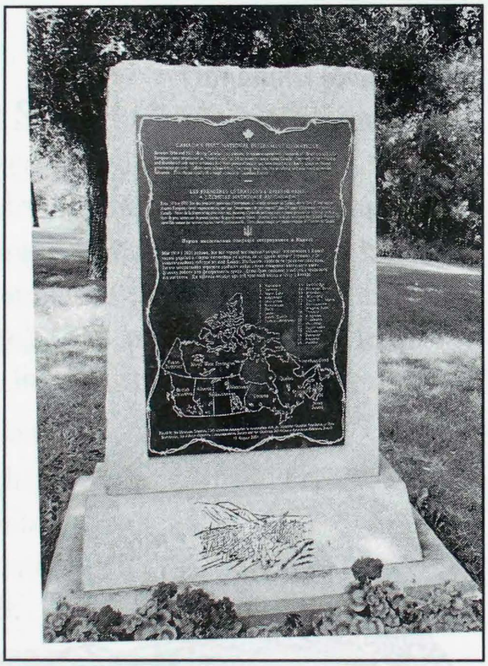


Photo taken by Ernest N. Skakun
Emil Yereniuk's presentation as Honorable Gene Zwozdesky, Olesia Luciw-Andryjowycz, Vivian Skakun and two icon bearers stand to the left of the Internment Monument

Photo by Ernest N. Skakun
Internment monument with English, French and Ukrainian inscription and map of Canada with locations of internment camps



Project "CTO"

Commemorating Canada's First Internment Operation

Commemorations Across Canada

Friday, August 22, 2014 at 11a.m. local time CTO (Ukrainian word for "one hundred") plaques across Canada, from coast to coast, were unveiled commemorating the 100th Anniversary of the War Measures Act and the miscarriage of Justice affecting Ukrainians and other Europeans during World War I. The War Measures Act gave the Governor of Council powers to arrest, detain, deport, control, and dispose of property1.. This allowed for Canada's First National Internment Operations from 1914 – 1920 to incarcerate men, women and children, not because they did anything wrong, but because of who they were and where they came from[2]..

The ethnicity of Ukrainians, then known as "Galician", "Bukovynian" or "Ruthenian", was ignored. Because their passports indicated their citizenship as Austro-Hungarian, they were labeled "enemy aliens"[3].. Despite the British foreign office instructing Ottawa to give "preferential treatment" to Ukrainians as they were considered "friendly aliens", the federal government chose to ignore this information[4, 5]. The internees were disenfranchised, lost their freedom, their possessions, and any money they had, and were forced to do heavy labor under heavy guard. A total of 8,579 were incarcerated. Of these, 3,138 were classified as "prisoners of war" (POW) and the remaining 5,441 were civilians, of which 5,000 were Ukrainian[6].

Guided by the counsel of survivor Mary Manko Haskett, the Ukrainian Canadian Civil Liberties Association (UCCLA) www.uccla.ca spearheaded a campaign to redress the wrongs of the internees, not with a

request for a government apology and not with a request for monetary re-imbursement to the families of the internees, but with a request that the value of the internees' confiscated cash be used to financially support education, promote tolerance, remembrance and commemoration. All the calculations of the monetary value of property that had been confiscated have not been determined, but a total of over $32,000 in cash was left at the end of the internment operation in 1920[7].

MP Inky Mark's Bill C-331 (Internment of Persons of Ukrainian Origin Recognition Act) became law November 25, 2005[8] and, in 2008, the Federal Government established the Canadian First World War Internment Recognition Fund (CFWWIRF)[9, 10]. Project CTO (one hundred) is sponsored by CRWWIRF and UCCLA.

Ukrainian Canadian Congress-Alberta Provincial Council Commemorations:

The Ukrainian Canadian Congress – Alberta Provincial Council (UCC-APC) commemorated Project CTO on August 10, 2014 at the Ukrainian Cultural Heritage Village during Ukrainian Day, Shades of Shevchenko[11, 12].

The unveiling of the Internment Monument to commemorate the 100th Anniversary of the War Measures Act of WWI began with a short service and blessing of the monument prior to the laying of wreaths. Olesia Luciw-Andryjowycz, UCC-APC President, Ivan Lypovk UCC-Edmonton representative, Joyce Chrunik-Rudiak of the Ukrainian Catholic Women's League of Canada and Vivian Skakun of the Ukrainian Women's Association of Canada proceeded with their wreaths to the monument. They were joined by the Honorable Gene Zwozdesky, Speaker of the Alberta Legislative Assembly, and Peter Goldring, MP, Edmonton East, as Emil Yereniuk, Vice-President of the Ukrainian Canadian Congress, gave his address.

Active Soyuz member, Betty Corlett, of Bonnie Doon Flowers and Garden Centre, Edmonton, created the wreath for UWAC. The blue and yellow flowers represent the Ukrainian flag; the evergreens represent remembrance; the barbwire represents the internment camp enclosure and the mesh represents the internees' incarceration within the camp fences.

Internment Monument Inscription: "We hallow the memory of all internees, and remind all Canadians of the need to remain vigilant in defense of human rights and civil liberties, particularly in times of domestic and international crisis"[13]..

Vivian Skakun

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1. http://www.infoukes.com/history/internment/war_measures_act/
2. Luciuk, Professor Lubomyr (2014, July 9) Project CTO Lead, Briefing Notes For Project CTO Plaque Unveiling Ceremony
3. Luciuk, Lubomyr Y, 2006, p.1, Without Just Cause
4. Luciuk, Lubomyr Y, 2006, p.62 Without Just Cause
5. Luciuk, Lubomyr Y, 2001, p. 33, *In Fear of The Barbed Wire Fence*
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8. http://www.infoukes.com/history/images/internment/pdf/Inky_Mark_MP_2005-11-28_C-331.pdf
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11. UCC-APC program booklet: Shades of Shevchenko Ukrainian Day 2014 show casting Cheremosh, Zhyto Band
12. Email dated August 14, 2014 from Radomir Bilash, project manager of Alberta-Ukraine Genealogical Project and the Centenary Pioneer Recognition Program
13. Luciuk, Professor Lubomyr (2014, July 9) Project CTO Lead, Briefing Notes For Project CTO Plaque Unveiling Ceremony

Ukrainian Cultural Heritage Village, Alberta Ukrainian Day – August 10, 2014

EXCERPTS FROM AN ADDRESS BY EMIL YERENIUK

The facts:

• 100 years ago the Canadian government began its First National Internment Operation, starting in 1914 and ending in 1920.

• At the onset of WWI, the War Measures Act (August 22, 1914) was implemented as a result of an Order in Council by the Canadian government which resulted in the internment of 8,579 "enemy aliens" who were Ukrainian and Eastern European.

• In total about 5,000 Ukrainians who had emigrated from territories that had been under the control of the Austro-Hungarian Empire were interned.

• An additional 80,000 individuals were obligated to register as enemy aliens and report to the local law enforcement agencies on a regular basis. Many were Ukrainian.

• 24 internment camps were opened during this time period. The camps were established across Canada from Halifax, Nova Scotia – Spirit Lake, Quebec – Kapuskasing, Ontario – Brandon, Manitoba – Eaton, Saskatchewan – Banff National Park, Alberta and all the way to Nanaimo, British Columbia.

• The following Alberta centres had internment camps:

1. Lethbridge – September 30, 1914 to November 7, 1916

2. Banff National Park (Castle Mountain and Cave and Basin) – July 14 1914 to July 15, 1917

3. Jasper – February 8, 1916 to August 31, 1916

4. Munson – October 13, 1918 to March 21, 1919

• The camp internees were used as forced laborers. They helped

1. to develop Banff National Park

2. the logging industry in Northern Ontario and Quebec

3. the mining industry in British Columbia, Ontario and Nova Scotia

This program was so successful that the internment program lasted for two more years after the end of the war.

The internment of Ukrainians and Eastern Europeans had a lasting devastating effect on the internees. The internees were stripped of what they owned (land) and they were forced to do heavy labour. They were disenfranchised and subjected to other state sanctions not because of what they had done but because of who they were.

The same War Measures Act used by the Canadian government against Ukrainians and East Europeans was deployed against the Japanese, German and Italian Canadians during WWII.

The Ukrainian Canadian Congress joined the Ukrainian Canadian Foundation of Taras Shevchenko and the Ukrainian Canadian Civil Liberties Association to represent Ukrainian Canadians and seek redress for this tragedy. Thus in 2005 the Canadian government passed Bill C-331, Internment of Persons of Ukrainian Origin Recognition Act and in 2008 the Canadian government created the Canadian First World War Internment Recognition Fund. The Recognition Fund is administered by the Shevchenko Foundations and its Endowment Committee has the task of allocating funds across Canada to individuals and organizations

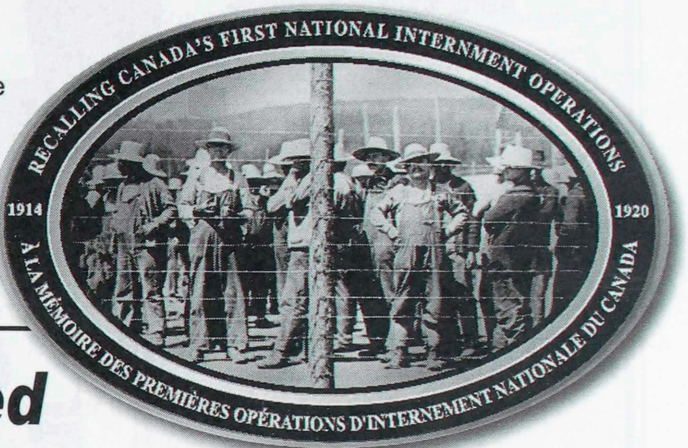
that need assistance with their internment projects. These were positive steps in recognizing the injustices by the Canadian government.

On August 22, 2014 at 11:00 am local time 100 plaques were unveiled across Canada. These sites were chosen and funded by the UCCLF and the Ukrainian Canadian Foundation of Taras Shevchenko.

In the words of Professor Lubomyr Luciuk, the Project CTO Lead Spokesperson,
"With Project CTO we hallow the memory of all the internees and remind all Canadians of the need to remain vigilant in defense of human rights and civil liberties, particularly in time of domestic and international crisis."

We remember! We will not forget! We cannot let this happen again!

Emil Yereniuk, 2nd Vice President
Ukrainian Canadian Congress National Executive, UCC Internment Committee Chair



One of a Hundred

St. Michael's Ukrainian Orthodox Parish was one of one hundred sites chosen to display a special plaque dedicated to the memory of those Canadians of Ukrainian descent, who suffered internment during and after WWI. The plaque was unveiled, along with its 99 counterparts, at 11 a.m. on August 22, 2014. It marks 100 years since the War Measures Act was passed. This unfortunate act of Parliament allowed the First Interment Operations to take place in Canada from 1914 – 1920. Hard-working, ordinary, innocent men, women and children, who had emigrated from Ukraine to Canada, were stripped of their dignity, honor and worth. To redress this miscarriage of justice and prevent such an event in the future, one hundred plaques were put on display throughout Canada. May these plaques be a constant reminder that Canadians respect diversity and value uniqueness as they all work towards equality, justice, citizenship and a more inclusive society.

Photo by Maria Kaczmar. In the background: Lubov Kaczmar, St. Michael's choir director flanked by daughters, Solomiya and Oksana Kaczmar, flag bearers in the procession. In the forefront from left to right: Dorothy Stachniak, President of St. Michael's Kniahynia Olha UWAC; Solomiia-Mariia Babiak, soloist from Liviv, Ukraine; Shirley Wozimirsky, President St. Michael's Ukrainian Orthodox Parish, Edmonton; Dobr. Jeannette Rauliuk; Rt. Rev. Mitred Protopresbyter Fr. Nicholas Orest Rauliuk; Hon. Laurie Hawn, MP Edmonton Centre; Bev Esslinger, City Councilor Ward 2, Edmonton; Vivian Skakun representing Ukrainian Canadian Congress – Alberta Provincial Council; missing Ann Sadelain, daughter of internee William Doskoch.

Vivian Skakun

ГРАМОТА

ЛЕОНІ ФАРИНІ-БРИДЖИС

ЗА АКТИВНУ УЧАСТЬ У РОЗБУДОВІ ДЕРЖАВНОСТІ НЕЗАЛЕЖНОЇ УКРАЇНИ
ТА ФОРМУВАННІ ЕКСПОЗИЦІЙ І БІБЛІОТЕКИ ПАТРІОТИЧНОГО МУЗЕЮ «СМОЛОСКИП»

Голова Всеукраїнської громадської організації інвалідів «Чорнобиль-Допомога» — В. Тупілко

Заступник директора музею «Смолоскип» — Л. Огнева

11.12.2013 р — м. Донецьк

Товариська зустріч Союзанок при Катедрі св. Івана Едмонтон – 4-го червня, 2014 р.

"Дорогі Союзанки!

Вас вітаєм щиро добрим словом,
Зичим благості, щастя і добра.
Праведно прожити на землі свобідній,
Щоб і Україна вільною була."

Такі побажання надіслали Союзанки з України для нашого Відділу Союзу Українок Канади, Едмонтонський Відділ, і подяку за їхню підтримку потребуючим в Україні. На руки голові, Леоні Бриджес, було вручено грамоту подяки всім Союзанкам, що зуміли зрозуміти, що, хоч українська культура розвивалася в Канаді на різних степенях, де зустрічалася з іншими труднощами і випробовунцями, вона зберегла зрозуміння внутрішної солідарности між українськими жінками. Жінки зрозуміли, що значить бути жінкою в діяспорі, в піонерські часи, і свідомо громадянкою в Канадській організаційній мережі.

The Annual Members' Dinner is an occasion to get together with other members of our Soyuz to find out what activities have been successful in the past year and to recognize and honour long-standing members. The "hospodynia" of our celebration was the respected and much-loved Iris Zwozdesky-Ciona. I, personally, am amazed at how beautifully Iris manages to create an atmosphere of happiness, relaxation and pure joy. What a treasure! Our members have nurtured and enjoyed her fantastic talent.

Very Rev. Father Stephan Semotiuk led the guests in prayer. A delicious dinner prepared by Maxine Zakordonski and St. John's Catering followed, served by the gentlemen of our parish (husbands, sons, brothers, friends of our members), who provided and poured the wine. The

program began with greetings from Gene Topolnisky, Parish Council President, and from Dr. Geraldine Nakonechny, National President of the UWAC. She stated, "Never underestimate the power of a woman." and added that she is very proud of the work done by all the branches of UWAC. She encouraged branches to continue to serve their parishes and support the Church.

Branch President, Leona Faryna Bridges gave greetings and introduced the guest speaker, Jeanette Homeniuk, a researcher of Ukrainian family names.

Доповідачка дуже цікаво розказала й показала як можна шукати за документами відносно віднайдення свойого коріння в Канаді. Багато цікавих деталів було подано. Залежно було довідатися під якою владою ваші предки жили—Румунією, Росією, Польщею, Австрією? Багато людей починає шукати свій родовід, шукаючи імена й дати на цвинтарі, але це не дає точних даних, через транскрипцію імен, перекладів прізвищ і не розуміння чужинців про нашу історію. Залежачи від документу, можуть бути різні варіянти того самого прізвища. Треба досліджувати їх усіх.

Дарія Гринчук Ґушата, членка нашого відділу й представниця "Alberta Genealogical Society", додала багато цікавих інформацій з її особистих пошуків за предками власної родини.

Слідуючою точкою програми було вшанування довголітніх членкинь С.У.К. Едмонтонський Відділ при Катедрі св. Івана.

Having witnessed the dedication to Sunday School children of MaryAnn (Chorney) Baziuk every Sunday in Church, there is little I can add to the beautiful tribute given her by her friend, Christine Faryna Zwozdesky, Vice-President of the Branch. That text, in its entirety, follows this article. MaryAnn was awarded a pin for thirty years of service. Leona Bridges spoke briefly about Stephanie Pochynok, whose poor health has prevented her from being active recently. Her past efforts in serving the organization were outlined and she was awarded a twenty-five–year pin in absentia.

Kate Hawrysh, Honourary Members' Committee Chairperson, prepared and assisted with the awards. Others who participated in organizing this event were: Donna Kowalishin and the Social Committee; Oryssia Lennie, Membership Convenor; Kay Hobden, Ticket Sales; Eileen Yewchuk, Raffle; Christine Zwozdesky; Natalie Deptuck; Nadia Opyr; Leona Bridges, Program, Photos and Flowers; donors of the door prizes and Reverend Fathers Semotiuk and Zubritsky.

Святкування закінчилося відспіванням "Достойно є" і молитвою.

We are so fortunate to have this wonderful sisterhood—friends, who have the desire to do good for the well-being of all humankind.

Нехай Бог нам допомагає ще довго служити своїй церкві й людям доброї волі!

Оля Логвиненко

Маріянна Базюк – Віддана Союзанка

Маю честь представити членкиню, котру хочемо відзначити за її відданий труд від того часу коли вона заплатила свою першу членську

вкладку, тобто 5 долярів, 6-го червня, 1984-го року.

Я добре знаю, ще від того часу, як ми разом учащали в СУМКу та співали в СУМКівському Хорі, що Маріянна Чорна активно підтримувала й працювала для нашої Православної громади. А це було давно перед тим, що стала Союзанкою.

Зараз після подружжя з Василем Базюком, вона приступила до Союзу Українок Канади, де вона зайняла позицію на екзикутиві кілька років як голова Членського Комітету. Крім того, вона також служила два роки на Дорадшому Панелі відносно кухонних справ та обслуг їжі при Катедрі.

MaryAnn is a teacher by profession, so she found many opportunities within Soyuz to satisfy her passion for working with youth. She assisted with Sadochok as a substitute teacher and has taught Sunday School for the last twenty years.

Mrs. Baziuk spent at least three years as UWAC's advisor to Junior CYMK, where she helped to revive the badge program. As her two daughters progressed through the youth program, MaryAnn accepted the role of Advisor to Senior CYMK during which time she and her daughters re-invented the long-standing tradition of a May Jamboree as "Zustrich". Eventually, MaryAnn became co-advisor at the National CYMK level until their last convention in 2013.

MaryAnn has also been active in the larger Ukrainian community. She served on the Executive of the Ukrainian Bilingual Language Association for 10 years, including 5 years as its President. She has been the costume mistress for the Viter Dancers for 10 years and has assisted with costumes for the Ukrainian Shumka Dancers for the last seven years. MaryAnn currently sings with the Viter Folk Choir and acts as their costume liaison.

Mrs. Baziuk's contributions to our culture and community have not gone unnoticed. She was honoured in 2005 with the Alberta Centennial Medal for outstanding volunteerism to the people and the Province of Alberta. In 2008, she was the recipient of the prestigious Hetman Award for her leadership and tireless work in the Ukrainian diaspora.

MaryAnn has been married for 31 years to Bill Baziuk, a CGA and the Cathedral's accountant. They have two delightful daughters—Katrina Slevinsky, a pharmacist, and Markiana Baziuk, a registered nurse, both of whom continue to be involved in our Ukrainian Orthodox community.

Моя дорога кума працювала ціле своє життя для добра нашої молоді й далі, без перестанку, віддає свій цінний час для їхнього добробуття.

Відзначімо нашу дорогу членкиню за її відданість для нашого Союзу, нашої церкви й нашої української громади! Щира подяка й низький поклін за визначну працю!

Христина Фарина Звоздецька

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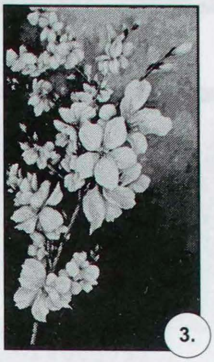
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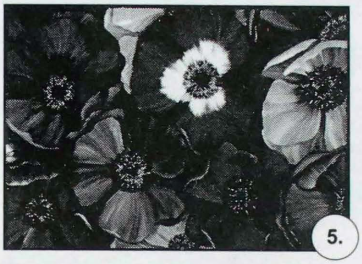
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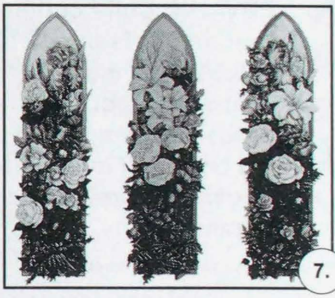
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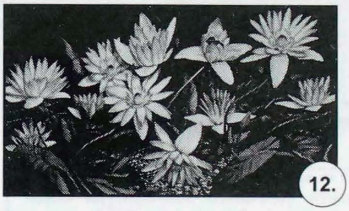
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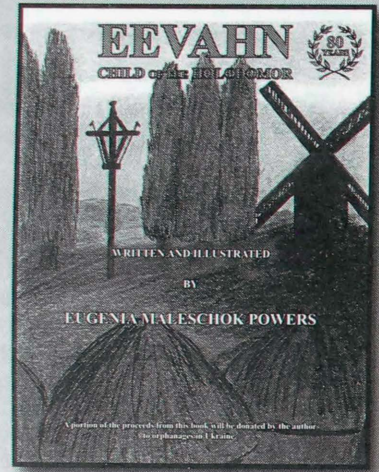

EEVAHN, Child of the Holodomor

EEVAHN, Child of the Holodomor is the heroic story of a group of Ukrainian fugitives fleeing from the death sentence imposed upon Ukraine by the dictator, Joseph Stalin. But it is more than that. It is about mankind's universal desire to live in freedom from oppression anywhere in the world.

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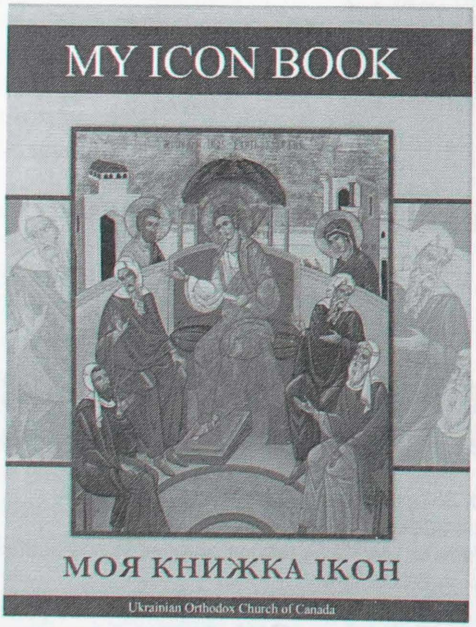

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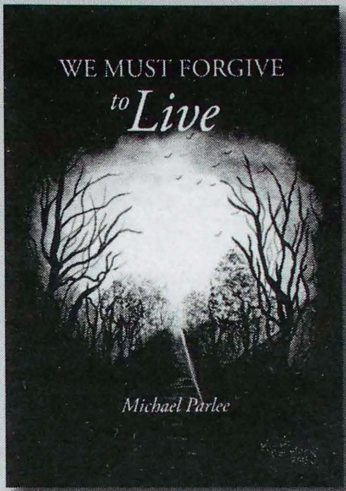

We Must Forgive to Live

By Michael Parlee

Anger and hatred over past atrocities, if not resolved, often render an individual emotionally dysfunctional. Couple anger and hate with the refusal to forgive and you have a recipe for mental illness. Roger, a young nine-year old boy from the Ukraine experiences the horrors of Stalin's man-made famine of 1932-33 in which his baby sister starves to death and his dad is executed for stealing a small bag of wheat. Roger and his mother escape from the Ukraine into Poland. A few years later, the Second World War breaks out. Because of their Jewish blood, his mother, grandfather and he are placed in the Nazi slave labour camps. His mother dies in the work camp and Roger witnesses the horror of his grandfather being beaten to death by an evil guard. Roger survives the slave labour camp, but with the passage of time, his grief over his great losses turns to anger and hatred. He adamantly refuses to forgive those who have caused him pain. Will Roger find the peace that only forgiveness can bring or will the torturous trail he takes lead him to insanity? All of us can learn from Roger's life. In truth:

WE MUST FORGIVE TO LIVE

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Image: *Totem (detail)*, acrylic on panel

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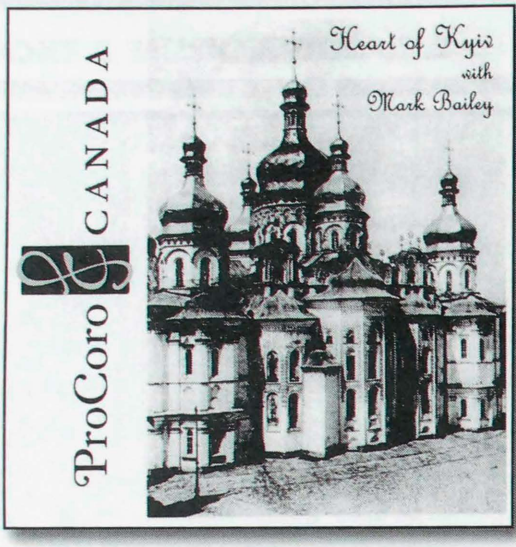

A live recording of Pro Coro Canada's *Heart of Kyiv* concert with guest conductor Mark Bailey at the McDougall United Church in Edmonton, Alberta, Canada, in February 2010

Includes medieval Kyivan chants, part-songs by Epifani Slavinetsky, and sacred choral concerti from the 'Golden Era' by Mykola Diletsky, Maksym Berezovsky, Dmytri Bortniansky, and Artem Vedel

Bonus tracks recorded live with Bailey in October 2011

Track List

1.	Ныне отпущаеши	Prayer of St. Simeon	1:43
2.	Се жених грядет	Behold, the Bridegroom	2:09
3.	Чертог Твой	Thy Bridal Chamber	1:29
4.	Тебе поем	We Praise Thee	2:08
5.	Во всю землю	Their Proclamation	1:10
6.	О Пресвятая Маріє	O Most Holy Mary	3:11
7.	Отцу Николаю	Hymn to St. Nicholas	1:08
8.	Хвалите имя Господне	Praise Ye the Lord	1:34
9.	Пс 70 'Не отвержи мене'	Ps 70 Do Not Turn Away	8:56
10.	Ныне отпущаеши	Nunc Dimittis	4:26
11.	Коль славен наш	How Glorious	2:15
12.	Херувимская № 7	Cherubic Hymn No. 7	4:33
13.	Пріидите, воспоимъ	Sacred Concerto No. 15	5:17
14.	Да исправится № 2	Let My Prayer Arise No. 2	8:22
15.	Тебе Бога хвалим	Prayer of St. Ambrose	6:49
	Bonus: Sacred Concerto No. 9		
16.	Проповѣдныка вѣры...	Allegro vivace	3:48
17.	И приносит Господеви...	Andante, Allegro vivace	7:36

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"Heart of KYIV"

UWAC, St. John's Branch of Edmonton is selling CD of Ukrainian Sacred Music

The UWAC, St. John's Branch, Edmonton is selling this CD of Ukrainian Sacred Music performed by ProCoro Canada under the direction of Mark Bailey, Yale University conductor, scholar and composer. It is dedicated to the memory of the late Fiona Pelech, an ardent Soyuz activist and member of the Branch. 25% of the proceeds from sales will remain in the Branch.

It is a recording of music sung at a concert which took place in Edmonton in 2010. Corey Haberstock was the recording engineer along with Trent Worthington, the mastering engineer. It was produced by Jochen Eggert and was licensed by CBC Records through the courtesy of CBC Radio and the Canadian Broadcasting Company.

The cover features the 11th century Dormition Cathedral, Kyiv (an extremely rare 1930's photo). This central church of the Kyivan Caves Lavra-Monastery—one of the cradles of the Eastern Church—was blown up in 1941 by Soviet forces retreating before the German advance on the eastern front of the Second World War.

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Cost: $25.00 plus shipping/handling.

"LENTEN COOKBOOK"
(Published by UWAC Olha Kobylianska Branch, Saskatoon, SK)
To order contact:
bipa@sasktel.net or
(306) 933-9587
Cost: $12 plus postage;
12 or more - $10 each plus postage)

UWAC Cookbooks for Sale!

"Ukrainian Daughters' Cookbook"
(Canadian Best Seller, Copyright 1984)
To order contact:
Ukrainian Women's Association of Canada,
Daughters of Ukraine Branch
1920 Toronto Street
Regina Saskatchewan, S4P 1M8
Phone: (306) 586-5590
Cost: $19.95 plus $5 shipping/handling

Green Grove (Оселя Зелений Гай) 65th Anniversary (1949-2014)

From July 18-20, 2014, approximately 100 alumni joined together with Green Grove Camp campers to celebrate the 65th anniversary of the camp. Although the land was purchased on October 12, 1947, Green Grove Camp opened to Ukrainian Canadian Youth for the first camp session on July 3, 1949, with over 3000 Ukrainian-Canadians from three prairie provinces on site. The weekend was a celebration of 65 camp sessions

The registered alumni, from all decades including the 1950's to the 2000's, celebrated the weekend with several activities. Memorabilia and photos were set up to view in the old school house. The Sniatyn one room school house was moved to the camp from the St. Julien area in 1964. Tables of pictures dating from 1947 to the camp session of 2013 were displayed, along with archived items. The alumni were given a guided tour by Reece Smith and Mykaela Welbourne that included some of the newer additions to the camp, such as the log cabin, cabin donated by Adele and Gord Trischuk, and the amphitheatre up on the hillside. Campfire songs were led by Brenda Semenoff (Balon) with Jordan Welbourne (the camp director) playing his guitar. Many stories of the past were told in the beer gardens as laughter could be heard across the lake!

Saturday morning, His Eminence, Metropolitan Yurij, was greeted by the campers and alumni with kolach and salt. His Eminence participated in events such as the singing and the evening banquet (catered by Patty's Catering). Metropolitan Yurij said opening prayer and spoke about the importance of supporting the camp and maintaining the Ukrainian culture with our youth. Alumni sang a song together. Gerald Luciuk acted as guest speaker. Natalie Maruschak read a poem entitled "Прощання з Зеленим Гаєм". Anne Klopoushak presented Irene Yurashak with a painting Irene had done back in the 1950's when Irene was a young camper. Irene was also recognized for six years of hard work and commitment to the camp! Linda Balon-Smith, the chair of the 65th, read a speech written by Stan Klopoushak when he was director in 1957. The evening closed with a 20-minute power point created by Linda Balon-Smith and Tammi Bohle. Later, a fireworks display was enjoyed by the campers and alumni.

Sunday's events were attended by approximately 400 people. Metropolitan Yurij, along with Father Lomaszkiewicz, Father Makowsky, Father Powalinsky, Father Udod, Father Kocur, Father Demczuk and Father Baxter served at the final Sunday's church service along with several altar boys. Ivan Saviak and BJ Maskal were sub-deacons. Larry Klopoushak led the Ukrainian Orthodox Cathedral of the Holy Trinity Choir in singing the Divine Liturgy. During the final concert, Anne Ewanchuk shared some memories of camp back in the 50's. The alumni were asked to gather with all the campers and join in the singing of "Ой у вишневому садочку" and "Ой чорна я си чорна". They closed with "Де згода в родині" around the flag pole.

The committee consisted of:

- Linda Balon-Smith – chair
- Steve Wojcichowsky – bar and tent rental
- Suzanne Skwarchuk – registration bag donations, t-shirts
- Tammi Bohle – power-point & advertising
- Irene Yurashak – registration
- Stan and Anne Klopoushak – advisors
  Vickie Balon- archives (pictures) & food

The committee would like to thank the following supporters for their generous donations:

"Де згода в родині"
(English translation)

There's harmony in a family,
with peace and tranquility.
And fortunate are the people,
in a life with integrity.
God blesses them forever,
with health and prosperity.
He dwells within their hearts,
for all eternity.

- Registration Bags:
  - Dr. Wes Antosh and Associates – Saskatoon Smiles
  - Saskatoon Tourism
  - Ukrainian Museum of Canada (Saskatoon)
  - Warman Dental
  - Rayner Agencies
- Porta-potties, generator, and grill: Sheryl and Mike Kotelko
- Cabin for the Metropolitan: Maruschak family
- Pop & water: Shelby Drilling Services Inc. (David Wojcichowsky)
- Chairs: Ukrainian Orthodox Cathedral of the Holy Trinity
- Presentation bouquets: High Style Floral Design (Sonia Luciuk)
- Smokies: Maple Leaf Foods
- Flower arrangement: Kap's Construction (corporate playground sponsor)

A very special thank-you goes out to those who dedicated time and effort in helping with the 65th Anniversary celebration.

- The camp cooks: Cindy Didula, Michelle Hudon, Terri-Lynn Kochan and Nancy Litwin for working together with the 65th volunteers.
- Volunteers in the camp kitchen
- The camp counsellors
- The Green Grove Board members
- Ihor Kodak – photographer
- The five mission district parishes who donated food or money towards food.
- The five mission district priests for helping advertise the event.

Items for sale:

1. History Yearbook: $45
2. History Powerpoint: $10
3. 2014 Powerpoint: $10
4. Registration goodie bags: $5

*Call Linda Balon-Smith if you are interested @ 306-683-0062.

Linda Balon-Smith and Irene Yurashak

IN MEMORIAM

КВІТИ НЕЗАБУТНІМ

Elizabeth (Betty) Tomashewski Zaleschuk Metropolit 1914-2014

Betty Metropolit passed away June 18, 2014 at Strathmore Hospital at the age of 100 years and 5 months. She had been living at Wheatland Lodge in Strathmore, Alberta, where she moved 10 months ago after her home near Carseland was destroyed in the 2013 flood.

Born January 14, 1914 in Brooksby, SK, she was the daughter of Frank Tomashewski and Antonina (Hoshowski), who came to Canada from Blazchynka, Ukraine. Betty was one of 12 children. She spent her childhood in the Belgrave/Melfort area, starting school without knowing a word of English. She left school after Grade 8, as the high school was too far from home for her to attend. She started to work as a helper for farm families and for several grocery stores in small towns around the area. One weekend, when she went home, she attended the Orthodox Church across the road. That is where she met Steve Zaleschuk, whom she married in 1931. They lived for over a year with Steve's parents in Star City, SK, and then, with his brother in Humboldt. In 1933, they moved with their little son, Bill, to a rented farm near Meacham and farmed there for 9 years during the difficult "dirty thirties". Sons Michael, Morris (died at 9 months) and Myroslaw (Maurice/Moe) were born on that farm. In 1944, the family moved into the village of Meacham, where Victor and Larry were born. In order to help raise the family of 5 sons, Betty worked selling insurance and driver's licences, collecting electric bill payments and boarding school teachers and others. She and her husband still found time for church, family and cultural functions. Betty was a member of the Ukrainian Ladies' Society, the Homemakers' Club and the Ladies' Legion in Colonsay. Both Betty and Steve sang in the church choir. In 1962, Steve passed away, so Betty sold the house in Meacham, bought one in Saskatoon, and moved there with her 2 youngest sons. She worked for over 16 years at the New Community Credit Union in Saskatoon and was an active member of the Ukrainian Orthodox Church throughout that time. In 1979, Betty married John Metropolit. They moved to BC, where they resided in Cumberland, Courtenay and Surrey. After John passed away, Betty moved to the Carseland, AB area. Betty was known for her unequaled perogies, chicken soup and homemade bread. Her angel food cakes got rave reviews at church bake sales. She spoke her mind and shared many wonderful stories of "the

old days". Betty valued family above all else and held on to her role as the family matriarch until the end. Betty will be remembered as generous and forgiving, and for finding room in her heart for all her family and friends.

Betty is survived by 5 sons, William (Sue), Michael (Rhonda), Myroslaw (Louise), Victor (Wendy) and Larry (Debbie); 13 grandchildren (Susan, Larisa, Tim, Evan, Laura, Tanya, Robert, Patty, Steve, Christian, Shane, Heather and Zane); 14 great-grandchildren; 3 great-great grand-children; sister-in-law, Edith Thomas; daughters-in-law and numerous nieces and nephews. Betty is predeceased by her infant son, Morris; husband, Steve Zaleschuk; second husband, John Metropolit; 7 sisters; 4 brothers; granddaughter, Sheri; grandson, Jake and daughter-in-law, Maureen.

Funeral services took place in Saskatoon and in Meacham. Betty was buried in the Dormition of Mary Ukrainian Orthodox Cemetery in Meacham, SK on June 26.

Michael Zaleschuk and Family

Lily (Sulatycky) Lucyk 1911-2014

Lily passed away peacefully on Thursday, January 9, 2014 in her 103rd year. She was predeceased by her husband, William Lucyk. She was the loving mother of Zora Jackson of Ottawa and of David Lucyk of Houston, Texas. She was the cherished grandmother of Robert, Larissa (Greg Hunt) and Nathalie Lucyk and a great-grandmother to Elias and Amelia Hunt. Lily was the last of her family of eight, predeceased by two brothers and five sisters in Western Canada. She is fondly remembered by many nieces and nephews. Lily attended her last USRL Convention in Saskatoon in August, 2013, where she was honoured for her many years of dedicated membership.

Her funeral took place on January 14, 2014 at The Assumption of the Blessed Virgin Ukrainian Orthodox Cathedral in Ottawa, with funeral arrangements entrusted to the Whelan Funeral Home. A service in her memory was held at All Saints Ukrainian Orthodox Church in Hafford, SK on Friday, June 27, 2014 prior to her interment there.

Zora Jackson

"A garden is a delight to the eye and a solace to the soul; it soothes angry passions, and produces that pleasure which is a foretaste of Paradise."
Sa'Di, Persian poet, 1213-1292

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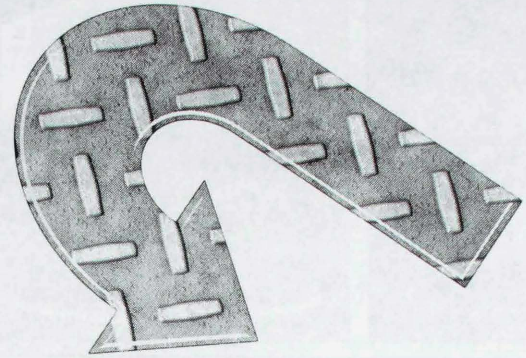

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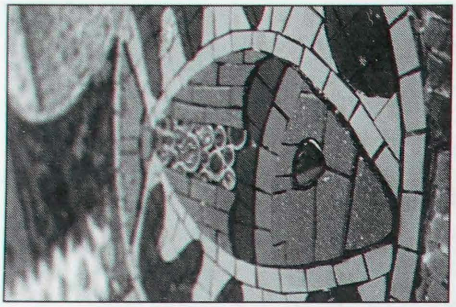

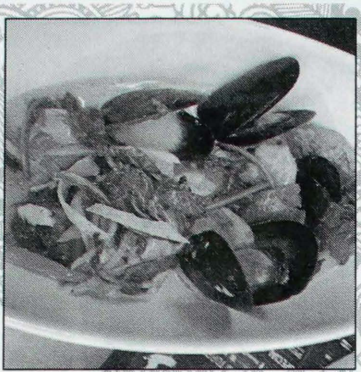
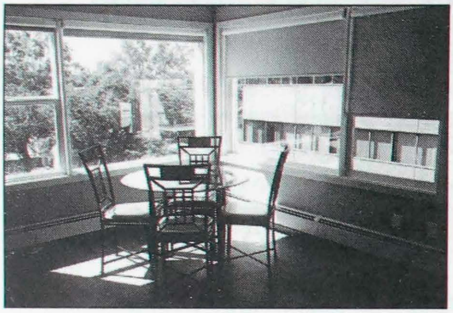

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UKRAINIAN MUSEUM OF CANADA
UKRAINIAN WOMEN'S ASSOCIATION OF CANADA
ALBERTA BRANCH. EDMONTON

Upcoming Exposition:
Unity in Diversity—The Ukrainian Mosaic

Given the landscape of Ukraine, a major exposition to be held November 2 – 9, 2014 will focus on artifacts unique to particular regions in the country. The exposition aims to show the diversity that defines Ukraine as a nation. Emphasizing the range of cultural expression in Ukraine, the exposition will feature museum artifacts such as regional dress, embroidery, pysanky writing, ceramics, wood carvings, jewelry, headdresses, and other art forms developed in Ukraine and brought to Canada. In addition to these, music characteristic of the various regions will be played during the exhibition to enhance the viewer's experience of the rich cultural forms inherent in Ukrainian culture. Although diverse in nature, these cultural forms hold Ukraine together as a national entity. The intent of the exhibition is to make viewers more aware of this diversity, to see Ukraine as a national entity, and the part culture plays in national identity. Viewers will understand the importance culture plays in Ukraine, given the current threat to its nationhood. Not only will viewers learn about Ukrainian history and culture and trace their origins to these regions, they will develop a deeper appreciation for the need to preserve these historical artifacts and to develop the art forms going forward. Ukrainian culture is a symbol of that country and represents the life and spirit of a people now under siege.

The Official Opening takes place Sunday, November 2, 2014 at 7 p.m. at St. John's Cultural Centre Auditorium. The exposition will run from Monday, November 3 through Sunday, November 9. Contact details and times are noted on the advertisement featured on the back cover of this issue. As youth is a primary audience, students studying Ukrainian in public schools will be encouraged to view the exposition and engage interactively with its content. Young and old are invited to view what promises to be an extraordinary cultural experience.

Outreach Activities

In the past year, the Museum engaged in many exhibits and activities, fulfilling its purpose, which is "to acquire, preserve, research and study representative artifacts which portray the Ukrainian heritage and its contribution to Canada." In addition to building its collection through donated artifacts representative of Ukrainian culture, the Museum participated in activities stimulating awareness and disseminating knowledge of Ukrainian culture, thus developing an active extension program. As 2014 is the 200th Anniversary of Taras Shevchenko's birth, many of these outreach activities centered on Shevchenko.

Some highlights of our outreach program:

- A display of Shevchenko artifacts at the 2nd Annual Babas & Borshch Ukrainian Festival held in Andrew, Alberta August 23-24. The exhibit allowed the Museum to inform viewers in the Lamont County about the significance of Shevchenko in the world—his contributions to world literature and his artistic talent, things one assumes are well known. It was particularly important that the Museum undertake this activity as it afforded an opportunity to bring Ukrainian culture, historical and contemporary, to rural regions of Alberta.

- Tours of the Museum conducted from July 6 to 13 as part of the 18th Annual Historic Festival and Doors Open presented by the Edmonton and District Historical Society, allowing the public a glimpse into the past and its impact today.

- A major exposition held jointly in April at the Ukrainian National Federation of Canada, Edmonton Branch with three other Ukrainian museums in Edmonton, celebrating the life and works of Shevchenko—**І оживе добра слава, слава України**

- Working jointly with those museums, an exposition on Shevchenko at Hawrelak Park, August 2 – 4, 2014. Combining extraordinary artifacts from strong cultural collections proved very successful, earning the Ukrainian Pavilion "Recognition" by the Edmonton Heritage Festival Committee. Upwards of 400,000 people attended the event, giving our Museum maximum exposure and promotion.

- A presentation to members of St. Elia Ukrainian Orthodox Parish on the topic of the Museum--its purpose, activities, and ways in which individuals can support and become involved in the Ukrainian Museum of Canada.

- Ongoing tours of the Museum to students and groups interested in discovering and becoming informed about Ukrainian culture in Canada and Ukraine. Visitors to the Museum this past summer came from all over Canada, United States, Germany, Ukraine, Japan, Turkey, India, Netherlands, South Korea, and Great Britain. Clearly, interest in what the Museum does is world-wide.

- Establishment of a Facebook page which has virtually exploded under the direction of Ms. Andrea Tarnawsky, the Museum's full-time employee over the summer months. Every Tuesday, under the title Вишиваний вівторок, she posts photographs of shirts or other pieces of embroidery from the collection receiving comments and questions from viewers such as "Beautiful" and "Thank you for posting." To date there have been over 500 hits since its inception! Clearly, social media is a powerful instrument for promoting and illustrating the collection.

The Museum is proud to announce that the late Chester Kuc, former curator and President of the Museum, was posthumously awarded the "Salute to Excellence" and inducted into the Arts & Culture Hall of Fame by the City of Edmonton. This recognition is highly deserved, given that Mr. Kuc was a staunch and active supporter who believed in preserving and promoting the rich Ukrainian culture, arts and traditions that have contributed greatly to the rich multicultural tapestry of Canada.

Viewing and tours from September to April of the Museum may be arranged by appointment. From May through August the Museum is open from 10:00 – 4:30 p.m. Admission is by donation. Contact information: 780 – 437-6629; 780 – 441-1062.

Elaine Verchomin Harasymiw

UKRAINIAN MUSEUM OF CANADA

UKRAINIAN MUSEUM OF CANADA
of the Ukrainian Women's Association of Canada
Alberta Branch

Made possible in part by a Grant from the SUS Foundation of Canada and a Grant from the Alberta Ukrainian Self Reliance League

Unity in Diversity
The Ukrainian Mosaic

An Exhibition November 2 – 9, 2014

Admission by donation

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Official Opening
Sunday, November 2, 2014
7:00 pm

Exhibition Hours:
Monday - Saturday, November 3-8 9:30 am - 4:00 pm
Sunday, November 9 12:00 pm - 3:30 pm

For further information:
Ukrainian Museum of Canada,
Alberta Branch 780-441-1062
Elaine V. Harasymiw 780-437-6629
Sylvia Gray 780-462-0668
Eugene Topolnisky 780-469-3526

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